

# she PILATES STUDIO札幌大通店 Lesson Schedule

2024/10/1~2024/10/15

	10月1日(火)	10月2日(水)	10月3日(木)	10月4日(金)	10月5日(土)	10月6日(日)	10月7日(月)	10月8日(火)
10:00	10:00~11:00 Basic ★	10:00~10:50 Jumpi'n2 ★★	10:00~11:00 CONDITIONING ★★	10:00~11:00 FLOW ★★★	10:00~10:50 Jumpi'n2 ★★	10:00~11:00 CONDITIONING ★★	定休日	10:00~10:50 BURN BURN BURN! ★★★★
11:00	11:30~12:20 Beginner ★	11:20~12:20 CONDITIONING ★★	11:40~12:40 Basic ★	11:30~12:20 Jumpi'n2 ★★	11:30~12:30 Upper Body ★★★	11:30~12:00 Circuit ★★★★★		11:30~12:30 Basic ★
12:00								
13:00	13:10~14:10 FLOW ★★★	12:50~13:50 Lower Body ★★★★	13:30~14:20 Jumpi'n2 ★★	12:50~13:40 BURN BURN BURN! ★★★★	13:10~14:10 CONDITIONING ★★	12:30~13:20 Beginner ★		13:20~14:20 FLOW ★★★
14:00		14:30~15:30 FLOW ★★★		14:10~15:00 Beginner ★	14:50~15:50 Basic ★	14:00~15:00 FLOW ★★★		
	16:20~17:10 Jumpi'n2 ★★					15:30~16:20 Floaty ★★		
17:00	17:40~18:40 Lower Body ★★★★	17:20~18:20 Basic ★	17:40~18:40 FLOW ★★★	17:40~18:40 CONDITIONING ★★	16:40~17:30 Floaty ★★	16:50~17:40 BURN BURN BURN! ★★★★		17:40~18:30 Jumpi'n2 ★★
19:00	19:10~20:10 Basic ★	19:10~20:00 BURN BURN BURN! ★★★★	19:10~20:10 Upper Body ★★★	19:10~20:00 ADVANCE ★★★★★				19:00~20:00 Basic ★
20:00								
21:00	20:40~21:30 Floaty ★★	20:30~21:30 CONDITIONING ★★	20:40~21:30 BURN BURN BURN! ★★★★	20:30~21:30 Basic ★				20:30~21:30 Upper Body ★★★

	10月9日(水)	10月10日(木)	10月11日(金)	10月12日(土)	10月13日(日)	10月14日(月)	10月15日(火)
10:00	10:00~11:00 FLOW ★★★	10:00~10:50 Jumpi'n2 ★★	10:00~11:00 CONDITIONING ★★	10:00~11:00 Lower Body ★★★★	10:00~11:00 CONDITIONING ★★	定休日	10:00~11:00 CONDITIONING ★★
11:00							11:30~12:30 Basic ★
12:00	11:30~12:30 CONDITIONING ★★	11:30~12:30 Basic ★	11:30~12:30 Lower Body ★★★★	11:40~12:40 Basic ★	11:30~12:20 ADVANCE ★★★★★		
13:00	13:00~13:50 BURN BURN BURN! ★★★★	13:20~14:20 CONDITIONING ★★	13:00~13:50 Beginner ★	13:30~14:40 BURN BURN BURN! ★★★★	13:00~14:00 Basic ★		13:20~14:10 Jumpi'n2 ★★
14:00	14:30~15:30 Basic ★			15:00~16:00 CONDITIONING ★★	14:50~15:50 Upper Body ★★★		
17:00			16:50~17:40 Floaty ★★	16:30~17:30 FLOW ★★★	16:30~17:20 Floaty ★★		17:40~18:40 FLOW ★★★
	17:40~18:40 CONDITIONING ★★	17:30~18:30 Upper Body ★★★	18:10~19:00 Jumpi'n2 ★★				
19:00	19:10~20:00 Floaty ★★	19:00~20:00 Basic ★	19:30~20:00 Circuit ★★★★★				19:10~20:10 Lower Body ★★★★
20:00							
21:00	20:30~21:30 Lower Body ★★★★	20:30~21:30 CONDITIONING ★★	20:30~21:30 FLOW ★★★				20:40~21:30 Jumpi'n2 ★★

# she PILATES 札幌大通店 Lesson Schedule

2024/10/16~2024/10/31

	10月16日(水)	10月17日(木)	10月18日(金)	10月19日(土)	10月20日(日)	10月21日(月)	10月22日(火)	10月23日(水)	
10:00	10:00~10:50 Jumpi'n2 ★★	10:00~11:00 CONDITIONING ★★	10:00~11:00 Lower Body ★★★★	10:00~11:00 Upper Body ★★★	10:00~11:00 FLOW ★★★	定休日	10:00~11:00 Lower Body ★★★★	10:00~11:00 FLOW ★★★	
11:00	11:20~12:10 BURN BURN BURN! ★★★★	11:30~12:30 Basic ★	11:40~12:40 CONDITIONING ★★	11:40~12:40 Basic ★	11:40~12:40 CONDITIONING ★★				
12:00	12:40~13:40 Basic ★	13:20~14:20 Lower Body ★★★★	13:20~14:20 Basic ★	13:30~14:20 Floaty ★★	13:20~14:10 BURN BURN BURN! ★★★★			11:40~12:40 FLOW ★★★	11:40~12:40 Basic ★
13:00									
14:00		16:40~17:30 Floaty ★★		15:00~15:50 ADVANCE ★★★★★	14:50~15:50 Basic ★			13:20~14:20 Basic ★	13:20~14:20 CONDITIONING ★★
17:00	17:30~18:30 Upper Body ★★★	18:00~19:00 CONDITIONING ★★	17:50~18:50 FLOW ★★★	16:30~17:30 FLOW ★★★	16:40~17:30 Jumpi'n2 ★★			17:40~18:40 CONDITIONING ★★	17:50~18:50 Basic ★
19:00	19:00~20:00 FLOW ★★★	19:30~20:00 Circuit ★★★★★	19:10~20:10 Basic ★					19:10~20:00 ADVANCE ★★★★★	19:20~20:10 Jumpi'n2 ★★
20:00									
21:00	20:30~21:30 CONDITIONING ★★	20:30~21:30 Basic ★	20:40~21:30 Jumpi'n2 ★★					20:30~21:30 FLOW ★★★	20:40~21:30 Floaty ★★

	10月24日(木)	10月25日(金)	10月26日(土)	10月27日(日)	10月28日(月)	10月29日(火)	10月30日(水)	10月31日(木)	
10:00	10:00~11:00 Basic ★	10:00~11:00 CONDITIONING ★★	10:00~10:50 Jumpi'n2 ★★	10:00~10:50 BURN BURN BURN! ★★★★	定休日	10:00~11:00 FLOW ★★★	10:00~10:50 Jumpi'n2 ★★	10:00~11:00 CONDITIONING ★★	
11:00			11:20~11:50 Circuit ★★★★★	11:30~12:30 Basic ★					
12:00	11:40~12:40 CONDITIONING ★★	11:40~12:30 BURN BURN BURN! ★★★★					11:40~12:40 Basic ★	11:20~12:10 BURN BURN BURN! ★★★★	11:40~12:30 Beginner ★
13:00			12:20~13:20 FLOW ★★★	13:20~14:20 CONDITIONING ★★			13:30~14:30 CONDITIONING ★★	12:40~13:40 Basic ★	13:20~14:20 Lower Body ★★★★
14:00	13:20~14:20 Upper Body ★★★	13:10~14:10 Basic ★	13:50~14:40 Beginner ★	15:00~16:00 Upper Body ★★★				14:30~15:30 CONDITIONING ★★	16:20~17:10 Floaty ★★
17:00	17:30~18:30 Basic ★	17:30~18:30 FLOW ★★★	16:40~17:30 BURN BURN BURN! ★★★★	16:30~17:30 FLOW ★★★			17:50~18:40 Jumpi'n2 ★★	17:40~18:30 Floaty ★★	17:40~18:30 BURN BURN BURN! ★★★★
19:00	19:20~20:10 Jumpi'n2 ★★	19:00~20:00 Basic ★							19:00~20:00 Basic ★
20:00							19:10~20:00 Floaty ★★	19:00~20:00 FLOW ★★★	
21:00	20:40~21:30 Floaty ★★	20:30~21:30 CONDITIONING ★★					20:30~21:30 Lower Body ★★★★	20:30~21:30 CONDITIONING ★★	20:30~21:30 FLOW ★★★